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Rugby in Alberta news....

Special points of interest:

- **Planning Meeting**
- **Olympic entry**
- **AGM & Nominations**

RUGBY ALBERTA PLANNING SESSION

The Rugby Alberta Board of Directors held its second planning meeting on October 31 in Red Deer, Alberta. The five topics that came out of the original planning session were expanded on during this session. Results will be shared at the AGM on December 6 in Red Deer. The five topics discussed were:
Rules and Regulations including a process for how and when changes can take place.

Roles of the Sub unions—discussions were held on how to streamline any duplication of services and begin to utilize each others strengths. The RC Insurance registration process was also discussed. A plan of action will be distributed at the AGM for each of the sub unions and clubs therein.

A bylaws committee has been appointed and will take the next several months to review and possibly change some of the content. Members will be kept up to date throughout this process with a final document coming forth to the membership through a special resolution meeting to be called in the future. Committee members are: Sean Hofstetter, Kendra Fiddler, Sandy Nesbitt, Debby Ashmore, John Seaman.

Season structure and League format continue to be discussed. Some of the discussion pertained to length of the season, unique issues for women—in particular CIS involvement, and the ARC Season. A survey will be sent to all senior women players in the province for additional input prior to any decisions being made.

The final topic was that of our financial status which will also be presented at the AGM but is showing a very positive outlook for the future of Rugby in Alberta.

All of the above will be noted or discussed at the AGM on December 6, 2009. Please watch our website for the Agenda. It will also be sent out to all Club Presidents.

DON'T MISS THE RUGBY ALBERTA AGM—SUNDAY, DECEMBER 6, 2009 AT THE RED DEER LODGE IN RED DEER, ALBERTA

Two board positions are up for nominations at this years Rugby Alberta AGM.

- 1. President**
- 2. VP Competitions & Senior Rep Programs.**

Please forward your nominations to the Rugby Alberta office who will turn them over to the nominating committee which is one representative from each of the sub unions (not named as of this printing).

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Needs your input

DAY 3 OF THE NATIONAL UNDER 17 SELECTION CAMP—RUGBY CANADA



Its day three of the national under-17 selection camp on Vancouver Island. For a few brief hours this morning and this afternoon, the clouds parted and the players and coaches were allowed to go about their business in warm sunshine and dry conditions.

As the morning sessions on continuity of play ended, we were able to catch up with one group of athletes during their mandatory rest and relaxation hour in John Lecky House.

After a very intense day of defensive training under the watchful eyes of Canadian U-20 Coach Tim Murdy, many of Canada's young hopefuls are carrying bumps and bruises, but know that their journey this weekend is almost complete.

Once the boys finished their rigorous day of training, they were led in a recovery session, which used the pond at Shawnigan Lake in place of ice baths. The final activity of the day involved assembling in a lecture hall to watch tape of the Canada vs. Wales at last season's Millfield Rugby Festival.

Coach Jim Delaney was clear on the purpose video sessions such as this one serve in helping the boys prepare for the challenge that awaits them overseas.

"We want them to understand that this is a process. We want them to see the standard that will be required of them and the amount of work that will be required."

As Canada's future stars took in the action on a giant theatre screen, many could be seen following specific aspects of the play and taking mental notes. Each boy will have the chance to put all of the lessons he has learned to good use, as the annual Red vs. White game will take place on Sunday.

Canada's rugby future is well and truly on display here this weekend. Soon all of these young men will have the honour wearing their country's colors for the first time. We wish them well.

Taken from Rugby Canada's website. For the full story click this link. www.rugbycanada.ca

ALBERTA'S NATIONAL UNDER 17 CAMP ROSTER

Connor Emigh - **Alberta** - *Lethbridge Collegiate* - L.R.C.
Darcy Ralph - **Alberta** - *Crescent Heights High School* - Calgary Irish RFC
Dustin Lehne - **Alberta** - *Holy Trinity - Academy* - Foothills Lions RFC
Jolon Aubry - **Alberta** - *McNally High School* - Norwesters RFC
Rob Anderson - **Alberta** - *Shawnigan Lake School* - Cowichan/Calgary Hornets RFC
Jonathan Schleich - **Alberta** - *Winston Churchill Secondary* - Calgary Irish RFC
Peter Piedmonte - **Alberta** - *St. Francis High School* - Calgary Saracens
Jon Arndt - **Alberta** - *Sir Winston Churchill Secondary* - Calgary Saracens
Brendon Harrison - **Alberta** - *Mill Valley High* - Calgary Saracens

SENIOR WOMEN across the province will be targeted with a survey to see how they feel about their season of play. Rugby Alberta has been asked to extend the season of play for senior rugby but there are questions needing to be asked of the women. If you receive the survey please make your comments known by filling it out. If you are a senior woman registered with Rugby Alberta, and you do not received the survey, please contact the Rugby Alberta office and have your name added. The only reason you would not have received it is that we do not have your email address. Thanks in advance for completing the survey and making sure we understand what **YOUR** season of play should be.

Do it Right... Be Rugby Ready

For players, coaches, match officials, administrators and unions



Rugby Ready is a powerful online resource that you can register to use for free! With an emphasis on strength and safety, it teaches you to respect yourself and the game so you can gain maximum enjoyment from it.

The self-assessment programme includes 17 good-practice modules covering:

- Match preparation and physical conditioning
- Correct technique
- Injury prevention and management



REGISTRATION IS FREE

<http://www.irbrugbyready.com/irbrr/en/home8.jsp>

RCVO



Resource Centre for
Voluntary Organizations

My Charity Connects workshops

Friday, November 13, 2009

8:30 am - 4:30 pm

**World Trade Centre, #600-9990 Jasper Avenue
Edmonton, AB**

If you're wondering what all the Web 2.0 buzz is about and why your charity all of a sudden needs to have a profile on Facebook, twitter within 140 characters, blog about the latest and greatest, and subscribe to half a dozen RSS feeds, then you should join us for a one-day series of workshops on philanthropy and social media. We'll tell you the good, the bad and the ugly.

To register online, go to edmontonab.eventbrite.com. For more information email

COACHING ASSOCIATION OF CANADA



Travel and Restaurants

Athletes are frequently required to travel away from home to competitions and training camps. Both the journey and living in a new environment can make it challenging to maintain a high performance diet essential for optimal sport performances.

This month's Sport Nutrition Tip "**Travel and Restaurants**" will assist coaches and athletes in identifying the nutrition pitfalls of eating at hotels and restaurants and how to plan accordingly.

To read this article and access our sport nutrition resource site for other nutrition tip sheets in the areas of vitamins and minerals, long distance travel, fluids, gaining weight, losing weight, and dietary supplements, please visit our site at:

<http://www.coach.ca/eng/nutrition/index.cfm>.

There's more to coaching!

L'entraînement, c'est plus qu'on l'pense!



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Par [DODGE INK INC](#)



Alberta Sports Hall of Fame PSA

Date: October 5, 2009

Contact: Debbie Brigley

Release Date: October 8, 2009

The Alberta Sports Hall of Fame is accepting nominations for the 2010 Alberta Sports Hall of Fame Induction Banquet. The Alberta Sports Hall of Fame preserves and honours Alberta's sport heritage by recognizing extraordinary achievement in sport and encourages people to complete the nomination form today; to help us honour our extraordinary sport athletes and builders. Each year 10 nominations are selected for Induction into the Alberta Sports Hall of Fame.

Nominations are accepted for individual or teams in the following categories.

- Athlete
- Team
- Builder
- Media
- Pioneer
- Achievement

Nomination forms can be downloaded off the ASHFM website:

www.albertasportshalloffame.com Deadline for 2010 Induction selection will be January 31, 2010. If you have any questions please call Debbie at 403-341-8614 or email: debbie@albertasportshalloffame.com

HOW DOES A SPORT BECOME OLYMPIC



To make it onto the Olympic program, a sport first has to be recognized: it must be administered by an International Federation which ensures that the sport's activities follow the Olympic Charter. If it is widely practiced around the world and meets a number of criteria established by the IOC session, a recognized sport may be added to the Olympic program on the recommendation of the IOC's Olympic Program Commission

Rugby satisfies in every respect the criteria set out in the Olympic Charter for inclusion in the program of the Olympic Games. Specifically:

- Rugby reinforces the ideals of Olympism, thanks to Rugby's long-standing ethos of fair play and friendship.
- Rugby Sevens would reach a new and young audience, including Rugby's 3 million players in 116 countries and the tens of millions of fans worldwide.
- Rugby Sevens does not need a purpose built stadium and would fill an existing stadium, adding an additional vibrant and youthful tone for the Games.
- Rugby Sevens would extend the number of potential medal-winning nations in what would be a true world championship. Countries that could aspire to Olympic success in Rugby include Fiji, Samoa, Argentina, South Africa, Kenya and New Zealand.
- Rugby would increase funds to grow the Olympic Movement, by attracting new commercial partners and spectators. At the same time Rugby would enjoy increased funding and access to facilities from National Olympic Committees as an Olympic sport.

The Sevens story

The Sevens game originated in the Borders of Scotland where Ned Haig, a butcher from Melrose, had the idea of playing an abbreviated form of the game in order to raise much needed funds for his club.

The first Melrose Sevens was held at the famous Greenyards ground in 1883 after which the game quickly spread throughout the Borders and far beyond. Today, tournaments are held in almost every one of the 96 countries in membership of the IRB.

The biggest Sevens event in the world is the Rosslyn Park Schools Tournament which annually attracts over 3,000 schoolchildren from all over the world.

The first officially sanctioned International Tournament was held at Murrayfield in 1973 as part of the Scottish Rugby Union's centenary celebrations and three years later the Hong Kong Sevens was spectacularly launched.

The establishment of the Rugby World Cup Sevens was the inevitable consequence of the game's global expansion, and the World Sevens Series, launched by the IRB in 1999, has introduced the game into many new territories. Since its inception the Series has been played in 16 countries across 5 continents and no fewer than 46 countries have participated.

RUGBY SEVENS CONFIRMED AS AN OLYMPIC SPORT!



The International Olympic Committee have confirmed Rugby Sevens will join the Olympic Program for the 2016 Games in Rio de Janeiro, a decision celebrated throughout the global Rugby family.

Here is some of the reaction from the IRB bid team, players and Unions around the world:

Bernard Lapasset, Chairman IRB & bid leader: "This is truly an historic day for Rugby and the development of the game. It is wonderful to be part of the Olympic family, and this will also help in our efforts to allow as many people in as many countries as possible to play Sevens, and play rugby.

"The Olympic Games is the unique international sporting reference in the world and we are very proud to be on the Olympic program in both 2016 and 2020. Of course, we now start to focus on 2016.

"I'd like to thank the team in Rio that will host the Games, for us and for everyone involved in the game, it's going to be a wonderful opportunity.



COACH ALBERTA

- Is the organization dedicated to coaches of all sports in Alberta.
- To Support, connect and develop inform and advocate for coaches in Alberta

EDUCATION NETWORK ADVOCACY

Become a CAB Member:

When you enter the link below, the information you provide will register you as a member of Coach Alberta. As part of the registration process, you are asked to complete a short survey, the goal of which, is to provide CAB with information to better assist in providing services back to you as a CAB member.

[HTTP://WWW.COACHALBERTA.CA/HOME.HTML](http://www.coachalberta.ca/home.html)